

# The Virginia Summer Institute for Addiction Studies

The College of William and Mary  
*Williamsburg, Virginia*

July 18-22, 2005

2005

[www.vsiias.org](http://www.vsiias.org)

**Keynote Speakers**

<b>Kenneth V. Hardy</b>	<b>Beverly Watts Davis</b>	<b>Marc A. Schuckit</b>
<b>Cynthia Khun</b>	<b>Kenneth Minkoff</b>	<b>Scott D. Miller</b>

## Sponsors

**DMHMRSAS, Mid-Atlantic ATTC, DCJS**

**VADAP / SAARA / VAADAC / VDOC / VACSB / SACAVA / TFSASO**

**The Community and Addictions Counseling Program at The College of William & Mary  
Williamsburg Place and The William J. Farley Center**

**CSAP / CSAT / SECAPT**

# The Virginia Summer Institute for Addiction Studies

The Virginia Summer Institute for Addiction Studies (VSIAS) is in its fourth year of operations! We've grown from a 3-day mini-pilot-institute in 2002 to an all-week event, featuring nationally known presenters, current topics, and attracting 682 participants, presenters, and exhibitors in 2004. VSIAS is truly a collaborative venture---see "Sponsors" for a listing of the many organizations who contribute time, energy, wisdom, and resources.

Located on the beautiful campus of The College of William and Mary, VSIAS is also an ideal opportunity for participants to bring family members and stay additional days to enjoy the many attractions of Williamsburg (Busch Gardens, dozens of golf courses, the ocean not too far away, and, of course, Colonial Williamsburg). Wear walking shoes - we will be using much of the campus this year, with an expanded number of offerings.

## **In 2005 we are focusing on two timely topics: Co-Occurring Disorders, and Families and SUDs.**

We will be featuring several different focuses in the co-occurring disorders arena: MR/SA; MH/SA; MH/SA/HIV; SA/Psychotic Disorders; Dual Disorders in Women; and establishing integrated program services. Family issues will include effects on children; perinatal addiction; family therapy; adolescents. There will also be many other topics and issues with nationally known and local presenters, and several multi-session "skills-building" workshops.

**Watch the website for updated information. [www.vsiass.org](http://www.vsiass.org)**

## Keynote Speakers

### **Kenneth V. Hardy, Ph.D.**

Director of the Eikenberg Institute for Relationships, and Professor of Family Therapy at Syracuse University

### **Marc A. Schuckit, M.D.**

Distinguished Professor, University of California , San Diego School of Medicine, Director of the Alcohol and Drug Treatment Program and of the Alcohol Research Center at the Veterans Affairs San Diego Healthcare System

### **Scott D. Miller, Ph.D.**

Co-founder of the Institute for the Study of Therapeutic Change, International Speaker and Author

### **Kenneth Minkoff, M.D.**

Clinical Assistant Professor of Psychiatry at Harvard Medical School, and Senior Systems Consultant for ZiaLogic, Albuquerque, NM

### **Cynthia Khun, Ph.D.**

Professor of Pharmacology and Cancer Biology, Professor in Psychiatry and Behavioral Sciences, Duke University Medical Center

### **Beverly Watts Davis**

Director, Center for Substance Abuse Prevention (CSAP), Substance Abuse and Mental Health Services Administration (SAMHSA)

# Conference Agenda

## Monday, July 18

8:00 am

Registration, Exhibits, Continental Breakfast

9:30 - 11:45

### **KEYNOTE SPEAKER: Kenneth V. Hardy, Ph.D.:**

Director of the Eikenberg Institute for Relationships, and Professor of Family Therapy at Syracuse University

#### **“From Psyche to System: A Relational Approach to Therapy”**

In the rapidly paced, technology driven world in which we live, it has become rather commonplace to forget...or...to overlook the ways in which both our joys and our angst are embedded within relationships. As clinicians, we tend to lose sight of the ways in which relationships can be both a forum for unimaginable “hurt” and an invitation for “healing.”

This keynote address will examine the centrality of relationships in our lives and provide a framework for conducting intensive relationally-focused treatment. Critical pitfalls, strategies, and techniques associated with this approach will be discussed. Specific attention will be devoted to the relevant “self of the therapist” issues that may facilitate and/or impede the process of therapy.

12:00 - 1:45

### **Awards Luncheon! Sponsored by DMHMRSAS**

1:45 pm - 5 pm

**Sherry Ceperich, Ph.D.:** Motivational Interviewing Network of Trainers (MINT)  
and

**Charlotte Chapman, LPC, LSATP, CAC:** Motivational Interviewing Network of Trainers (MINT) and the Director of Training for the Mid-Atlantic Addiction Technology Transfer Center (Mid-Atlantic ATTC)

#### **“Introduction to Motivational Interviewing Skills”**

**(First of 3 sessions - Limited to 40; must pre-register for all 3 sessions)**

Motivational Interviewing is a client-centered, directive approach that enhances motivation for change by helping clients clarify and resolve their ambivalence about changing behaviors and by eliciting change language from clients. The Stages of Change is a model about how people change that is distinct from, but complementary to, a Motivational Interviewing approach. Both are especially effective in working with resistant clients. This training will be didactic and experiential and is limited to forty participants.

**Michael Cartwright:** Executive Director, Foundations Associates, and CEO, Dual Diagnosis Management  
and

**Vickie L. Harden, MSSW:** Director of Prevention, Education & Adolescent Services for Foundations Associates

#### **“Core Principles of Integrated Treatment”**

**(First of 8 sessions - Limited to 20; must pre-register for 4 full days)**

Core Principles of Integrated Treatment will provide participants with an overview of the constructs of co- and multi-occurring conditions, their impact, and core elements of integration. Participants will learn about Motivational Interviewing and stages of change as part of core expectations for all interactions with clients related to engaging and maintaining therapeutic relationships. Other concepts include: Integrated Rehabilitation and Recovery Practice Guidelines, Family Education and Roles in Treatment, Client Education and Essential Skill Building.

**Micheal Lenahan CAC, CCJP, CCS, CSAC:**

Training and Development Coordinator, Virginia Department of Corrections, Academy for Staff Development

#### **“Criminal Thinking and The Substance Abusing Offender”**

This workshop explores the impact of criminal thinking errors on the ability of the criminogenic substance-abusing offender to effect recovery. Particular attention is paid to the clash of criminal values and the values held by the population at large. “Zero State” thinking is stressed as well as the criminal thinker’s need for “Excitement” and inability to tolerate “Zero State” for any appreciable length of time without violating through drug use.

# Conference Agenda

## Monday, July 18 (cont.)

1:45 pm - 5 pm

**Ray Ferns:** CEO, Restorative Correctional Services  
and

**C. Dudley Bush, M.S.:** Statewide Substance Abuse Program Manager, Virginia Department of Corrections

### **“The Integration of Theory to Practice-The Correctional Change Agent”**

**(First of 8 sessions - Limited to 28; must pre-register for 4 full days)**

A practical integrated approach to applying theory and research to correctional practices. Focus is on effective communications and motivational strategies. This is a skills-building workshop that requires participant commitment for 4 full days.

**Kenneth V. Hardy, Ph.D.:** Director of the Eikenberg Institute for Relationships, and Professor of Family Therapy at Syracuse University

### **“Against the Odds: Working Effectively with Children and Families of Color”**

This workshop will review the dynamics of racial oppression and will examine the features of an orientation toward survival. Specific attention will focus on studying the unique developmental tasks children and families of color must negotiate to ensure their survival within a racially oppressive environment. Workshop participants will learn how to distinguish developmentally appropriate behaviors from those that are cause for concern. Pitfalls that undermine effective therapy with children of color and their families will be explored and specific clinical strategies will be explicated, particularly those that involve working effectively with the unique developmental tasks children and families must negotiate to survive against the odds.

**Rick Gressard, Ph.D.:**

Associate Professor, Community and Addictions Counseling Program, College of William and Mary

### **“EDUC C29: Substance Abuse and Society”**

This is a graduate course offering by The College of William and Mary, providing 3 hours of graduate course credit. A comprehensive overview of the physiological and pharmacological effects of drugs will be presented. The cultural, social and historical contexts of substance use and abuse will be examined. Signs and symptoms of substance abuse and dependence for adolescents and adults will be explored. Models of addiction and prevention will be examined and the role of family systems will be addressed. This course meets the substance abuse education requirements for LPC in Virginia.

**This course requires different registration procedures; please email Dr. Gressard at [cfgres@wm.edu](mailto:cfgres@wm.edu) or phone: 757-221-2352 for information. It will only be offered if 10 people sign up. It begins Monday morning with the keynote speaker and ends Friday at noon. Participants must attend all sessions to receive credit.**

**Wei Li Fang, Ph.D.:**

Director for Research and Development, Governor's Institute on Alcohol and Substance Abuse, Inc.

### **“Tips on Writing Successful Grant Applications”**

This course is designed to provide participants with an understanding of the tasks involved in preparing a grant application for a substance abuse prevention or treatment program. The goal is to have participants understand the complete process for developing an application to the Substance Abuse and Mental Health Services Administration.

**David Naylor, MA, CSAC:** Director, A New Beginning, Fairfax/Falls Church Community Services  
*sponsored by VAADAC (VA Association of Alcoholism and Drug Abuse Counselors)*

### **“Counseling the Newly Diagnosed HIV/HEP Client”**

Participants will be given an overview of HIV/HCV and learn counseling issues, techniques and approaches to the substance abusing infected person. The emphasis is on skills building through interactive presentation. The participant will know the stages of counseling issue progression for the HIV/HCV infected SUD client and be aware of the potential pitfalls for the recovering individual in treatment.

**Brooks C. Holtom, Ph.D.:**

Assistant Professor of Management, McDonough School of Business, Georgetown University

### **“Recruiting and Retaining a World-class Workforce”**

The attraction and retention of valued employees is one of the critical issues faced by organizations. On the basis of a decade of research, Professor Holtom has developed and tested a theory that explains how job embeddedness influences employee retention and other behaviors beneficial to the firm (e.g., punctuality, high performance). This session will be highly interactive and provide participants with many new ideas for attracting and keeping high quality employees.

# Conference Agenda

## Tuesday, July 19

8:00 am

Registration, Exhibits, Continental Breakfast

8:30 - 11:45

### **KEYNOTE SPEAKER Marc A. Schuckit, M.D.:**

Distinguished Professor, University of California, San Diego School of Medicine, Director of the Alcohol and Drug Treatment Program and of the Alcohol Research Center at the Veterans Affairs San Diego Healthcare System, and member of the Task Force and Chair of the Substance Use Disorders Committee for DSM-IV

#### **“Genetics of Substance Use Disorders”**

This session will review the role of genetic factors in complex genetically-influenced disorders such as alcohol and drug dependence. Using alcohol as the major example (reflecting the wide range of work done regarding that disorder), the material will demonstrate how multiple genes combine to contribute to approximately 60% of the risk for these disorders, interacting with environmental factors that explain the remaining 40% of the vulnerability. The presentation will first demonstrate how family, twin, and adoption studies indicate that genes contribute to substance dependence, operating primarily through producing a variety of characteristics that can either increase or decrease the vulnerability toward this disorder.

For alcoholism, some of the genetic risk operates through genes that control metabolic enzymes, others through heightened levels of impulsivity, and yet others alter the risk by determining the intensity with which an individual responds to a drug such as alcohol. The lecture then demonstrates how a researcher can begin to find genes contributing to a characteristic such as the intensity of response to alcohol. At the same time, researchers are also looking for environmental characteristics (such as drinking among peers, attitudes towards alcohol or drugs, and so on) that might interact with specific genetic vulnerabilities. The presentation ends with a discussion of how this information might be used to develop more specific and effective treatment techniques, while also developing more potent prevention strategies.

**Sherry Ceperich, Ph.D. / Charlotte Chapman, LPC, LSATP, CAC:**

#### **“Introduction to Motivational Interviewing Skills” (Second of 3 sessions)**

**Michael Cartwright / Vickie L. Harden, MSSW:**

#### **“Core Principles of Integrated Treatment” (Second of 8 sessions)**

**Judith C. Bjorndal, M.D., M.B.A, F.A.A.P.:**

Pediatrician, Medical Director, Sonoma Developmental Center in Eldridge, CA, certified Addiction Medicine specialist, and Medical Director of Women's Recovery Services in Santa Rosa, CA

#### **“CD in DD: Another Dual Diagnosis” (repeated in the afternoon)**

Addiction is a disease that affects all segments of our society, including people with developmental disabilities. This workshop will discuss the impact of cognitive disabilities on diagnosis and treatment of addiction, and will offer participants the opportunity to identify and problem-solve issues in this population.

**Steve Brasington, M.D.:** Academic Chair, Department of Psychiatry, Naval Medical Center, Portsmouth

#### **“Evaluating Youth at Risk: The Role of Substance Abuse in Family Violence and Child Maltreatment”**

Participants in this workshop will learn about the research data in the field of Child Maltreatment and Substance Abuse. A review of current thinking in the field will include discussion of practitioner guidelines for prevention and intervention.

**Susan Sampl, Ed.D.:** Research Associate, University of CT Health Center, Cannabis Youth Treatment (CYT) project primary author of the five-session therapy combining Motivational Enhancement and Cognitive Behavioral Therapies  
*Sponsored by the Mid-Atlantic ATTC*

#### **“Evidenced-Based Treatment for Adolescents with Substance Use Disorders: An Approach Combining Motivational Enhancement Therapy and Cognitive Behavioral Therapy” (First of 4 sessions - Limited to 40; must pre-register for 2 full days)**

Counselors and therapists treating adolescents with substance use disorders may be interested in learning this engaging and effective brief treatment model. Drawing from the presenter's experience in the Cannabis Youth Treatment (CYT) study, this workshop will provide a brief overview of the Cannabis Youth Study, as well as implications for clinical practice. Next participants will receive an in-depth review of one of the CYT tested therapies, MET/CBT-5, which combines Motivational Enhancement Therapy (MET) and Cognitive Behavioral Therapy (CBT). This review will include theory and rationale, MET and CBT strategies, and specific session procedures. A variety of teaching modalities will be used including lecture and discussion, participant practice exercises, and viewing videotaped examples. Course participants will receive copies of the MET/CBT adolescent treatment manuals, as well as supplemental handouts.

# Conference Agenda

## Tuesday, July 19 (cont.)

8:30 - 11:45

**Scott Reiner, MAC, CCS:** Court Services Specialist, Virginia Department of Juvenile Justice

### **"Introduction to Clinical Supervision"**

This workshop is designed for beginning level clinical supervisors or counselors who wish to become clinical supervisors. It will provide a review of the key functions of the clinical supervisor. The majority of the program will focus on a model of providing clinical supervision to addictions counselors utilizing awareness of models of counselor development. Three levels of counselor development will be described and matching supervisory foci, methods, and challenges will be explored. Supervisor development will also be briefly covered as it mirrors similar counselor developmental issues and impacts the supervision process. Experiential activities will be utilized to assist the participant in the integration of didactic content. This workshop will provide participants required training hours for ICRC/SACAVA Certified Clinical Supervisor credential.

**Marc Fishman, M.D.:** Assistant Professor of Psychiatry, Johns Hopkins University School of Medicine, Medical Director, Maryland Treatment Centers

### **"Brains and Behavior - Clinical Implications of Adolescent Development" (repeated in afternoon)**

Maturation processes have an enormous influence on the development of both adaptive and problematic behavioral patterns. Adolescence is a unique period in the human lifespan, and a period of intensive changes. This presentation will review adolescent development, both normal and abnormal, and its clinical implications for adolescent drug abuse and treatment.

**Ray Ferns / C. Dudley Bush, M.S.:**

### **"The Integration of Theory to Practice-The Correctional Change Agent" (Second of 8 sessions)**

**Steve Ridini, Ed.D.:** Vice President of Programs, The Medical Foundation, Boston, Massachusetts

### **"Why Do Community Assessment and Planning?"**

As communities across the country continue to confront many social issues, including child abuse and neglect, substance abuse, delinquency, and mental health problems, there is a greater demand for accountability from both public and private sources. As a result, funders and members of the community at large want to know that prevention efforts are effective.

This workshop presentation will explore how community coalitions respond to these issues by understanding theory and utilizing practical strategies to respond to various health issues. This presentation will address the concepts of community, theories of community change, and the strategic prevention framework. Participants will also analyze; community readiness, coalition and community assessment, developing a framework of change, strategic planning, and action plan development.

**Jean Gearon, Ph.D.:** Associate Clinical Professor of Psychiatry, University of Maryland School of Medicine in the Division of Community Psychiatry

### **"Understanding the Perfect Storm: Psychosis and Drug Addiction"**

The purpose of this presentation is to give participants a deeper understanding of the experience of psychosis and to provide them with techniques for assessing and differentiating the various psychotic disorders. Strategies for assessing substance use in psychotic patients will be provided as well. Background information on psychotic disorders and substance use in this population will be reviewed including a discussion of clinical symptoms and diagnostic criteria, reasons why psychotic patients are drawn to drug use, and barriers to treatment compliance. Common co-occurring conditions/problems observed in this multiply handicapped population will be discussed as well.

**Mary Crozier, Ed.D.:** Instructor, Addictions Counselling Program, Medicine Hat College, Alberta, Canada

### **"Prevention Basics - Level 1"**

#### **(First of 4 sessions - Limited to 25; must pre-register for 2 full days)**

This is a two-day seminar that focuses on basic, cutting-edge prevention theory, research, and practice. This seminar is designed for current practitioners who are either new to prevention or experienced practitioners who wish to make sure that their prevention practices are up-to-date. Prevention Basics - Level 1, 2, and 3 were designed by a host of Virginia prevention consultants lead by James Madison University's Office of Substance Abuse Research with funding from the State Incentive Grant. Hundreds of lay and professional substance abuse prevention practitioners have been trained throughout Virginia since its inception in 2000. Dr. Crozier is one of many Prevention Basics trainers. This interactive presentation will employ lecture, small group work, experiential activities, PowerPoint, and discussion.



# Conference Agenda

12:00 - 1:30

## Luncheon Keynote --- Beverly Watts Davis, Director, CSAP

### “Strategic Prevention Framework (SPF)”

To clearly state SAMHSA’s mission and what it means to have a Life in the Community for Everyone. Director Watts Davis will also talk about the building blocks of The Strategic Prevention Framework as well as briefly discuss SAMHSA’s Capacity and Building tools.

1:30 - 4:45

Sherry Ceperich, Ph.D. / Charlotte Chapman, LPC, LSATP, CAC:

“Introduction to Motivational Interviewing Skills” (Third of 3 sessions)

Susan Sampl, Ed.D.:

“Evidenced-Based Treatment for Adolescents with Substance Use Disorders: An Approach Combining Motivational Enhancement Therapy and Cognitive Behavioral Therapy” (Second of 4 sessions)

Michael Cartwright / Vickie L. Harden, MSSW:

“Core Principles of Integrated Treatment” (Third of 8 sessions)

Jean Gearon, Ph.D.: Associate Clinical Professor of Psychiatry, University of Maryland School of Medicine in the Division of Community Psychiatry

### “Using Social Skills Training to Treat Drug Addicted Patients with Psychosis”

This workshop will focus on teaching participants how to use social skills training to treat substance abuse in individuals with psychotic disorders such as schizophrenia and schizoaffective disorder. An empirically supported manualized skills based treatment will be reviewed. Participants can expect experiential activities that include group role play, both as group members and as facilitators.

Judith C. Bjorndal, M.D., M.B.A, F.A.A.P.: “CD in DD: Another Dual Diagnosis” (repeat)

Steve Brasington, M.D.:

“Evaluating Youth at Risk: The Role of Substance Abuse in Family Violence and Child Maltreatment” (repeat)

Scott Reiner, MAC, CCS: “Introduction to Clinical Supervision” (cont.)

Marc Fishman, M.D.: “Brains and Behavior - Clinical Implications of Adolescent Development” (repeat)

Steve Ridini: “Why Do Community Assessment and Planning?” (cont.)

Ray Ferns / C. Dudley Bush, M.S.:

“The Integration of Theory to Practice-The Correctional Change Agent” (Second of 8 sessions)

TBD: “Screening and Assessment: SSI and ASI Overview” (repeated on Wednesday)

This Simple Screening Instrument (SSI) and Addiction Severity Index (ASI) training is available to VASAP case managers, substance use disorder treatment providers, and to mental health professionals interested in screening for substance use disorders. This workshop will provide participants a firm understanding of the VASAP intervention and referral process.

Ken Stofft, M.A., CSAC, CHt: Recovery Coach, Body/Energy Worker

### “Moving Beyond Stereotypes and Fears Toward GLBTQ Treatment Efficacy”

This workshop will focus upon core issues related to gay, lesbian, bisexual, transgendered use, treatment, and recovery. Sensitivity to sexual orientation can lead to more effective treatment. We will discuss definitions, etiology, and issues pertinent to treatment and long-term recovery process. The goal is to provide information and interaction among participants to identify accurate definitions of gender and sexual orientation terms, explore the elements of homophobia, heterosexism and sexism, the etiology of addiction in homosexual individuals, unique issues to GLBTQ populations, treatment issues, and the issue of spirituality.

Mary Crozier, Ed.D.:

“Prevention Basics - Level 1” (Second of 4 sessions)

Tuesday Evening

**SPECIAL EVENT!!!**

Watch website for more info - [www.vsiias.org](http://www.vsiias.org)

# Conference Agenda

## Wednesday, July 20

8:00 am

Registration, Exhibits, Continental Breakfast

8:30 - 11:45

**KEYNOTE SPEAKER Scott D. Miller, Ph.D.:**

Co-founder of the Institute for the Study of Therapeutic Change, International Speaker and Author

**“Pathways to Possibility with Difficult Cases”**

All clinicians encounter clients who remain unmoved by the profession's most sophisticated techniques. This description is particularly applicable to clients with co-occurring disorders. While explanations and uncomplimentary descriptions exist aplenty for these clients, little information exists about what can be done to effect change. In this Keynote, Dr. Miller will present information from his book *Psychotherapy with “Impossible” Cases: The Efficient Treatment of Therapy Veterans* (Norton, November, 1996). Based on a five-year study, this presentation will teach clinicians four common pathways that invariably lead to impossibility and then help map their escape with even the most challenging clients.

**Harold Holder, Ph.D.:**

Sociology/Epidemiology, Senior Research Scientist, Pacific Institute for Research and Evaluation (PIRE)

*Sponsored by CSAP's SECAPT (Southeast Center for the Application of Prevention Technologies)*

**“Planning and Evaluating Environmental Strategies for Prevention”**

Environmental strategies are those which seek to alter the overall community system in a way to reduce ATOD problems. Within environmental prevention planning and evaluation are essential to overall effectiveness. This workshop will review environmental approaches which communities can utilize and present approaches to evaluation of such strategies.

**Torri A. Campbell, Ph.D.:** Licensed clinical psychologist, author of an anger management group treatment protocol for substance abuse and mental health patients - *sponsored by CSAT (Center for Substance Abuse Treatment)*

**“Using Cognitive Behavioral Therapy in Anger Management for Substance Abuse and Mental Health Clients”**

Using CSAT's “Anger Management for Substance Abuse and Mental Health Clients: A Cognitive Behavioral Therapy Manual,” Dr. Campbell will review existing research on CBT and anger management, discuss the development of both the manual and workbook, summarize the pertinent issues included in the manual, and present general instructions on the delivery of the 12 weekly 90-minute sessions. Copies of the manual and workbook will be provided to each participant.

**Elaine K. Wescoat, Ed.S., LPC, LSATP:** Director of Substance Abuse Services, Snowden at Fredericksburg

**“Experiential Group Techniques: When Words Are Not Enough”**

**(First of 4 sessions - Limited to 20; must pre-register for 2 full days)**

Hands-on, participant-involved activities for enhancing group facilitation. Techniques presented will give participants first-hand exposure to tools that will reach a broad range of clientele on all levels of learning styles (seeing, hearing, and doing). These skills will facilitate a greater degree of understanding, as well as potential for change, than basic talk therapy alone can provide.

**Scott Reiner, MAC, CCS:** Court Services Specialist, Virginia Department of Juvenile Justice

**“Advanced Topics in Clinical Supervision” (continued in the afternoon)**

This workshop is designed for experienced clinical supervisors who wish to explore the integration of clinical supervision activities into the adoption of evidence based practices in addiction counseling. The session will review the concept of evidence based practices; a model for understanding organizational change as new clinical innovations are adopted and look at challenges for clinical supervisors as they work to accept new practices themselves and as they work with counselors at different levels of development to adopt these new practices. Experiential activities will be utilized to assist the participant in the integration of didactic content. This workshop will provide participants required training/recertification hours for ICRC/ SACAVA Certified Clinical Supervisor credential (CCS).

**Ira J. Chasnoff, M.D.:** President of the Children's Research Triangle, and Professor of Clinical Pediatrics at the University of Illinois College of Medicine in Chicago

**“Integrating Systems of Care for Pregnant and Parenting Women and Their Children”**

Over one million women in this country per year use alcohol or illicit drugs during pregnancy. This session will focus on developing integrated systems of care that address the needs of the woman and her child, ensuring optimal outcome for the family.



# Conference Agenda

## Wednesday, July 20 (cont.)

**8:30 - 11:45**

**Ray Ferns / C. Dudley Bush, M.S.:** **"The Integration of Theory to Practice-The Correctional Change Agent"** (Fourth of 8 sessions)

**Susan Sampl, Ed.D.:**

**"Evidenced-Based Treatment for Adolescents with Substance Use Disorders: An Approach Combining Motivational Enhancement Therapy and Cognitive Behavioral Therapy"** (Third of 4 sessions)

**Michael Cartwright / Vickie L. Harden, MSSW:**

**"Core Principles of Integrated Treatment"** (Fourth of 8 sessions)

**12:00 - 1:30**

**Lunch**

**1:30 - 4:45**

**Scott D. Miller, Ph.D.:**

Co-founder of the Institute for the Study of Therapeutic Change, International Speaker and Author

**"How to Improve the Effectiveness of your Clinical Work By 65% without Hardly Trying"**

It's not a pretty picture. Available evidence indicates that the effectiveness of psychotherapy has not improved in spite of 100 years of theorizing and research. What would help? Not learning a new model of therapy or the "latest" so-called "empirically-validated" treatment approach. And no, not attending another CEU event or sort through that stack of research journals by your desk. A simple, valid, and reliable alternative exists for maximizing the effectiveness and efficiency of treatment based on using ongoing client feedback to inform treatment decisions. Research on the approach conducted at multiple sites across a wide range of clients and presenting complaints indicates that clinicians can improve the outcomes of those cases most at risk for failure by as much as 65% without having to change their preferred treatment approach or learn any new treatment techniques.

**Ira J. Chasnoff, M.D.:**

**"Integrating Systems of Care for Pregnant and Parenting Women and Their Children"** (cont.)

Over one million women in this country per year use alcohol or illicit drugs during pregnancy. This session will focus on developing integrated systems of care that address the needs of the woman and her child, ensuring optimal outcome for the family.

**Michael Cartwright / Vickie L. Harden, MSSW:**

**"Core Principles of Integrated Treatment"** (Fifth of 8 sessions)

**Elaine K. Wescoat, Ed.S., LPC, LSATP:** Director of Substance Abuse Services, Snowden at Fredericksburg

**"Experiential Group Techniques: When Words Are Not Enough"** (Second of 4 sessions)

**Susan Sampl, Ed.D.:**

**"Evidenced-Based Treatment for Adolescents with Substance Use Disorders: An Approach Combining Motivational Enhancement Therapy and Cognitive Behavioral Therapy"** (Fourth of 4 sessions)

**Scott Reiner, MAC, CCS:** Court Services Specialist, Virginia Department of Juvenile Justice

**"Advanced Topics in Clinical Supervision"** (cont.)

**Ray Ferns / C. Dudley Bush, M.S.:**

**"The Integration of Theory to Practice-The Correctional Change Agent"** (Fifth of 8 sessions)

**TBD: "Screening and Assessment: SSI and ASI Overview" (repeat)**

This Simple Screening Instrument (SSI) and Addiction Severity Index (ASI) training is available to VASAP case managers, substance use disorder treatment providers, and to mental health professionals interested in screening for substance use disorders. This workshop will provide participants a firm understanding of the VASAP intervention and referral process.

**Ken Winters, Ph.D.:**

Director of the Center for Adolescent Substance Abuse Research and Associate Professor in the Department of Psychiatry at the University of Minnesota

**"What's Motivation Got to Do With It? Use of Brief Interventions for Drug Abusing Adolescents"**

This workshop will focus on the use of brief intervention for drug-abusing adolescents. The underlying principles of brief intervention will be discussed in light of adolescent development, stage of change theory and motivational interviewing. A practical, clinically-relevant 3-session model will be presented.

# Conference Agenda

## Wednesday, July 20 (cont.)

1:30 - 4:45

**Missy Barker, LPC, CSAC:**

**“Integrating Faith Issues in Substance Abuse Group Work” (Limited to 20 participants)**

This experiential session will allow participants to practice integrating faith issues into the group counseling experience when working with addicted populations.

**Nora L. Drexler, M.Ed.:** President, Drexler Associates, Inc.

**“Finding the Balance: Program Fidelity and Adaptation”**

This presentation explains the NREPP (National Registry of Effective Programs and Practices) submission process. It will highlight the process of selecting appropriate programs based on data-driven criteria and theory-driven strategies. Factors that affect the feasibility of program implementation are explained and fidelity issues are also addressed.

**Mary Crozier, Ed.D.:** Instructor, Addictions Counselling Program, Medicine Hat College, Alberta, Canada  
**and**

**Colleen Hillock, M.Ed.:** Coordinator and Instructor of the Addictions Counselling Program, Medicine Hat College

**“Process Addictions: A North American Perspective”**

Addictions counselors have witnessed, for decades, the co-occurring nature of substance and process addictions. These clinical observations have now been validated in the research. This infusion of new research broadens the range of addictive disorders and strengthens the linkages between addictive behaviors. This presentation will blend accepted research on substance addictions with emerging literature on process addictions. Compulsive behaviors, such as gambling, disordered eating, sexual obsessions, relationship addiction, and workaholism, are termed process addictions. These behaviors have psychological, physiological, social, and behavioral characteristics in common with substance addictions. Often underreported, misunderstood, and minimized, process addictions can have significant influence on and relationship with substance addictions as well as other co-occurring disorders. It is critical that addictions counselors and the addictions field in general understand the nuances of process addictions to better serve substance addicted clients.

## Thursday, July 21

8:00 am

**Registration, Exhibits, Continental Breakfast**

8:30 - 11:45

**KEYNOTE SPEAKER Kenneth Minkoff, M.D.:**

Clinical Assistant Professor of Psychiatry at Harvard Medical School, and Senior Systems Consultant for ZiaLogic, Albuquerque, NM

**“Integrated Model for Treatment of Individuals with Co-Occurring Psychiatric and Substance Disorders”**

This workshop provides an overview of the problem of “dual diagnosis”, and then identifies principles of successful treatment intervention derived from available research on evidence-based best practices. These principles are placed in the context of an integrated model of service delivery that uses a common language and treatment philosophy of disease and recovery that makes sense from the perspective of both the mental health system and the addiction treatment system. The application of this model to individualized clinical treatment matching and the design of a comprehensive continuous integrated system of care is briefly illustrated.

**Harvey Rogers, M.Div.**  
**and**

**Kenneth M. Rogers, M.D.:** Director, Child Psychiatry Training, University of Maryland School of Medicine

**“Spirituality”**

The goal of this workshop is to provide mental health professionals with a framework for addressing spirituality in a clinical setting. We will also discuss ways to engage the faith community in caring for and treating clients. The workshop will be co-facilitated by a chaplain and a psychiatrist who will present information from a clinical and spiritual perspective.

**Leadership Panel:**

Fiscal management, teambuilding in the age of multiculturalism, maximizing your human capital, and marketing/public relations. See website for further information.

# Conference Agenda

## Thursday, July 21 (cont.)

**8:30 - 11:45**

**Gary Sauls, CCAS:** Duke University Medical Center, Division of Pediatrics, Durham Community Guidance Clinic and

**Janet “Cricket” Scovil, MSW, LCSW, CCAS:** Clinical social worker, clinical instructor and certified clinical addiction specialist in the Duke University Medical Center Department of Psychiatry and Behavioral Sciences

**“Multiple Family Group Therapy with Adolescent Substance Users and Their Families: A practical model for helping families find solutions to chaos.”**

Providing effective substance abuse treatment services to adolescents and their families remains a mental health/medical priority. This presentation will describe multiple family group therapy in adolescent substance abuse treatment, from the developmental to the implementation and supervision phases. This unique treatment modality has proven effective with both adolescent and adult substance-abusing populations. Group work lessens negative feelings among family members. Education about both the addiction and recovery processes, learning to separate the individual and the addiction, and creation of a safe space for the adolescent/family to see that other adolescent family units are going through similar problems, are pieces of the multiple family group therapy tool kit.

**Mary Crozier, Ed.D.:**

**“Prevention Basics - Level 1” (Third of 4 sessions)**

**Ray Ferns / C. Dudley Bush, M.S.:**

**“The Integration of Theory to Practice-The Correctional Change Agent”  
(Sixth of 8 sessions)**

**Charlotte Chapman, LPC, LSATP, CAC:** Motivational Interviewing Network of Trainers (MINT) and the Director of Training for the Mid-Atlantic Addiction Technology Transfer Center (Mid-Atlantic ATTC)

**“Motivational Interviewing: Intermediate Level Skills” (continued in afternoon)**

This training is for participants who have completed introductory level training and who have had some clinical practice in Motivational Interviewing. This training will focus on Phase II: eliciting and responding to change language. It is an experiential training using videos and role plays to further develop skills in Motivational Interviewing. Limited to twenty-five participants.

**Michael Cartwright / Vickie L. Harden, MSSW:**

**“Core Principles of Integrated Treatment” (Sixth of 8 sessions)**

**Rhonda McKillip, M.Ed., LMHC, MAC, CCDC III, CDP:** Psychotherapist in private practice in Spokane, Washington, Motivational Interviewing Network of Trainers, instructor for The Washington Institute for Mental Illness Research & Training, and Adjunct Faculty EWU in the area of Co-Occurring Disorders

**“From Despair to Empowerment: The Journey of Women in Recovery” (repeated in afternoon)**

Women face many challenges, barriers, and lifestyle stressors prior to entering treatment, during treatment, and after the completion of treatment. Even though alcoholism progresses more rapidly in women than in men, women are less likely to receive encouragement to seek treatment. Physical problems are often more serious, such as having a much greater vulnerability to serious alcohol related diseases like cirrhosis of the liver. Psychiatric problems are often more serious, such as experiencing depression twice as often as men. Women typically relapse over the “unmentionables” like losing custody of their children. They are also less likely to experience a supportive home reentry environment following treatment. These issues complicate recovery for women and can lead to relapse if not addressed. This workshop will highlight these challenges and focus on the solutions to support women in their journey of recovery.

**Elaine K. Wescoat, Ed.S., LPC, LSATP:** Director of Substance Abuse Services, Snowden at Fredericksburg

**“Experiential Group Techniques: When Words Are Not Enough”  
(Third of 4 sessions )**

**12:00 - 1:30**

**Lunch**

**1:30 - 4:45**

**Katherine Fornili, MPH, RN, CARN:** Planning and Standards Program Specialist, Virginia DMHMRSAS, Office of Substance Abuse Services (OSAS)

*Sponsored by OSAS (Office of Substance Abuse Services), VA DMHMRSAS*

**“Virginia’s Model for Screening, Assessment, Referral and Brief Intervention (SARBI)”**

Brief interventions can help patients with mild-to-moderate substance use disorders reduce risky behavior, and help individuals with more serious addiction access community-based addictions treatment. This workshop is designed to teach addictions professionals how to help generalist health care providers learn to identify substance use and intervene early, using Virginia’s recommended screening and brief intervention protocols.

# Conference Agenda

## Thursday, July 21 (cont.)

**1:30 - 4:45**

**Charlotte Chapman, LPC, LSATP, CAC:** Motivational Interviewing Network of Trainers (MINT) and the Director of Training for the Mid-Atlantic Addiction Technology Transfer Center (Mid-Atlantic ATTC)

**“Motivational Interviewing: Intermediate Level Skills” (Continued in afternoon - Limited to 25)**

**Kenneth M. Rogers, M.D.:** Director, Child Psychiatry Training, University of Maryland School of Medicine

**“Issues in Child Mental Health”**

Child mental health has experienced a number of highs and lows in the past year. Several medications including Selective Serotonin Reuptake Inhibitors (e.g. Paxil) and stimulants (e.g. Adderall) have come under attack for their potentially life threatening side effects. On the other hand, some psychosocial treatments (Cognitive Behavior Therapy) have seen a resurgence and now have a greater evidence base than ever. The goal of this workshop is to discuss current issues in child mental health and to serve as an update for those who work with children and adolescents.

**Ray Ferns / C. Dudley Bush, M.S.:**

**“The Integration of Theory to Practice-The Correctional Change Agent” (7th of 8 sessions)**

**Michael Cartwright / Vickie L. Harden, MSSW:** **“Core Principles of Integrated Treatment” (7th of 8 sessions)**

**Janet “Cricket” Scovil, MSW, LCSW, CCAS and Gary Sauls, CCAS:**

**“Integrating Behavioral Healthcare into Medical Care: The challenge of developing a collaborative treatment model for individuals living with substance abuse, mental illness and HIV”**

Providing effective substance abuse treatment services to individuals living with HIV is a growing public health concern, relating to prevention as well as to medical treatment of HIV. This presentation will describe a substance abuse/mental health treatment model that is based on the Transtheoretical model of behavior change, and includes both individual and group treatment modalities. The unique biopsychosocial and spiritual vulnerabilities of dually diagnosed individuals living with HIV and the therapeutic relationship will also be discussed.

**Mary Crozier, Ed.D.:** **“Prevention Basics - Level 1” (Fourth of 4 sessions)**

**Pat Barner, BCETS, CPP, CIMI, B.A.:**

Diplomate, American Academy of Experts in Traumatic Stress, Founder of Healing Rivers

**“Ethical Prevention Practice: An Exploration of Ethical Standards for Prevention Professionals”**

Should a community prevention program accept funds from the alcohol industry to develop a local substance abuse prevention program? Do I have to report a fellow professional who I believe has been unethical in their practices? A student recently enrolled in your prevention program is your neighbor, how do you respond? This session will provide insight into addressing these and other ethical situations in a lively, interactive format.

**Elaine K. Wescoat, Ed.S., LPC, LSATP:** Director of Substance Abuse Services, Snowden at Fredericksburg

**“Experiential Group Techniques: When Words Are Not Enough” (Fourth of 4 sessions)**

**Panel: “Co-Occurring Programs Currently Operating within the Commonwealth” (See Website for info)**

**Elinore F. McCance-Katz, M.D., Ph.D.:** Chair, Addiction Psychiatry, Virginia Commonwealth University

**“Clinical Challenges:**

**Pain Management with Detection and Treatment of Prescription Narcotic Abuse”**

This half-day session will present an overview of current issues in the treatment of chronic pain with prescription opioids, identification and treatment of addiction in chronic pain patients receiving opioid therapies, and treatment of patients with substance use disorders who develop pain syndromes.

**Rhonda McKillip M.Ed, LMHC, MAC, CCDC III, CDP:**

**“From Despair to Empowerment: The Journey of Women in Recovery” (repeat)**

**Kevin Doyle, Ed.D., LPC, LSATP, MAC:** Director of Enhancement, Vanguard Services Unlimited

**“Getting and Keeping Clients in Treatment: Lessons from the National Network for the Improvement of Addiction Treatment (NIATx)”**

NIATx is a national project funded jointly by the Robert Wood Johnson Foundation and the federal Center for Substance Abuse Treatment, designed to help improve access to treatment and retention in treatment through process improvement activities. This workshop will focus on assisting attendees in identifying ways to look at their systems to improve how clients enter treatment, as well as ways to improve continuation and completion rates. Learning from the first 18 months of national activity on this project will be presented, shared, and discussed.

**4:45**

**EXHIBITOR EVENT!!!**

**Watch website for more info - [www.vsias.org](http://www.vsias.org)**

# Conference Agenda

## Friday, July 22

8:00

Registration, Exhibits, Continental Breakfast

8:30 - 11:45

**KEYNOTE SPEAKER Cynthia Khun, Ph.D.:** Department of Pharmacology and Cancer Biology, Duke University Medical Center, and Primary Author of *Buzzed: The Straight Facts about the Most Used and Abused Drugs from Alcohol to Ecstasy*

**“New Fads and Old Standbys: Current Problems in Drug Abuse”**

This Keynote will provide an overview on current use and critical medical/neurobiologic issues about drugs of abuse that are issues for families (especially, but not limited to adolescents). There will be a focus on emerging problems, especially prescription drug abuse (narcotics) and methamphetamine use. Dr. Khun will discuss marijuana withdrawal and long term consequences of use, about which there are new data. Khat as well as some exotic new chemicals will be explored.

**Michael Cartwright / Vickie L. Harden, MSSW:**

**“Core Principles of Integrated Treatment” (Eighth of 8 sessions)**

**Ray Ferns / C. Dudley Bush, M.S.:**

**“The Integration of Theory to Practice-The Correctional Change Agent” (Eighth of 8 sessions)**

12:00

Certificates Distributed!

## Sponsors

- ◆ The Community and Addictions Counseling Program at The College of William and Mary
- ◆ Department of Mental Health, Mental Retardation, and Substance Abuse Services (DMHMRSAS)
- ◆ Mid-Atlantic Addiction Technology Transfer Center (Mid-Atlantic ATTC funded by SAMHSA)
- ◆ Virginia Association of Alcoholism and Drug Abuse Counselors (VAADAC)
- ◆ Substance Abuse Certification Alliance of Virginia (SACAVA)
- ◆ Virginia Association of Drug and Alcohol Programs (VADAP)
- ◆ Substance Abuse and Addiction Recovery Alliance (SAARA)
- ◆ Virginia Department of Corrections (VDOC)
- ◆ Task Force on Substance Abuse Services for Offenders (TFSASO)
- ◆ Department of Criminal Justice Services (DCJS)
- ◆ Virginia Association of Community Services Boards-Substance Abuse Council (VACSB)
- ◆ Center for Substance Abuse Prevention (CSAP)
- ◆ Center for Substance Abuse Treatment (CSAT)
- ◆ Southeast Center for the Application of Prevention Technologies (SECAPT)
- ◆ Williamsburg Place and The William J. Farley Center

## Credit

CEU's will be available for a \$10 processing fee.

35.5 total contact hours for all sessions

Brochure design by Mark Whitesides

# ***Dormitory Housing Information***

**Amenities / Housekeeping:** Guests will have the following linens provided by the College:

2 sheets, 1 pillowcase  
2 towels and 1 washcloth (Overnight or 2-night stays)  
4 towels and 2 washcloths (3 or more night stays)  
Soap, tissues, and cups  
Pillow, Blanket

Guests are expected to make their own beds. The housekeeping staff is not authorized to enter the rooms assigned to guests and will clean only public areas in occupied residence halls (not including apartments) on a rotating routine basis.

**Lost Key and Conference Card Charges:** Lost Keys are \$40 and Conference Cards are \$10.

**Smoking:** The College of William and Mary facilities are **smoke-free**

**Telephone Services:** Telephones are provided in each room. All local calls are at no charge. Long distance calls require calling / credit cards. Voicemail is **not** provided.

**Television:** Televisions are **not** provided.

**Trash Removal:** Guests are requested to dispose of their trash as needed in the central receptacles provided on each floor or the dumpster located next to the residence hall.

**Theft / Security:** Participants are encouraged to leave valuable personal items at home and not bring them into the Residence halls. The College is not responsible for lost or stolen belongings.

**What to Bring:** Several suggestions listed below may help make your stay at the College more enjoyable. *Please share them with members of your group.*

**Alarm Clocks** (wake up calls can **not** be provided)

**Personal Hygiene Supplies** (soap, tissues, etc.)

**Clothes Hangers**

**Reading Lamps** (only overhead lighting is provided)

**Coolers for Ice** (there are no ice machines on Campus)

**Quarters** (for vending machines, change is not available from staff)

**Phone Cards** (long distance calls must be made using a phone card or calling card)



# Travel Information

## The College of William and Mary

is located 150 miles south of Washington, D.C., midway between Richmond and Norfolk on I-64.

### From North and West

Take I-64 East, Exit 238, Route 143, East/Williamsburg.

At the second light (Route 132), turn right.

At the second light (Lafayette St.), turn right.

At the second light (Armistead St.), turn left.

Travel 1/4 mile, to (Scotland St.), turn right.

At first light (Richmond Rd.) turn right.

At (Dillard St.) turn left.

Go through stop sign (road veers left) stay on Dillard. Turn right into parking lot.

### From South and East

Take I-64 West, Exit 242A, Route 199 West  
(Busch Gardens, Jamestown, Williamsburg)

At the second light (Henry St.), turn right.

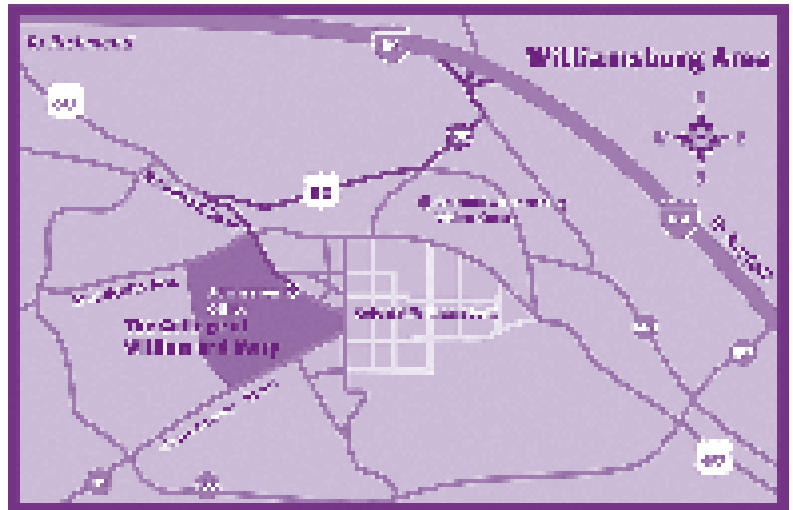
At the first light (Francis St.), turn left.

Travel one block to (Boundary St.), turn right.

Get in right lane, proceed through stop sign and bear left. This will put you on Richmond Rd.

At (Dillard St.) turn left.

Go through stop sign (road veers left) stay on Dillard. Turn right into parking lot.



## Accommodations

On-campus dorm housing is available. Be aware that these are DORM rooms! Since availability is limited it is advisable to plan your trip well in advance. Please read the attached accommodations form for details. For alternative accommodations refer to the Williamsburg Hotel/Motel Association (listed below).

### Attractions

With Colonial Williamsburg, historic Jamestown and Yorktown, Busch Gardens, golf and outlet shopping all within 20 minutes of campus, Williamsburg is a very active place! Listed are three websites and phone numbers that can help you with your visit planning.

#### Colonial Williamsburg Foundation

An educational organization established in the 1920s to preserve and restore eighteenth-century Williamsburg.

Phone: 1-800-HISTORY

Web: [www.history.org](http://www.history.org)

#### Williamsburg Hotel/Motel Association

Established in 1976, the Williamsburg Hotel & Motel Association is the official reservation center for over 75 hotels, motels, and bed & breakfasts in the Williamsburg area. The Association serves no special interest other than those of the visitor.

Phone: 1-800-999-4485

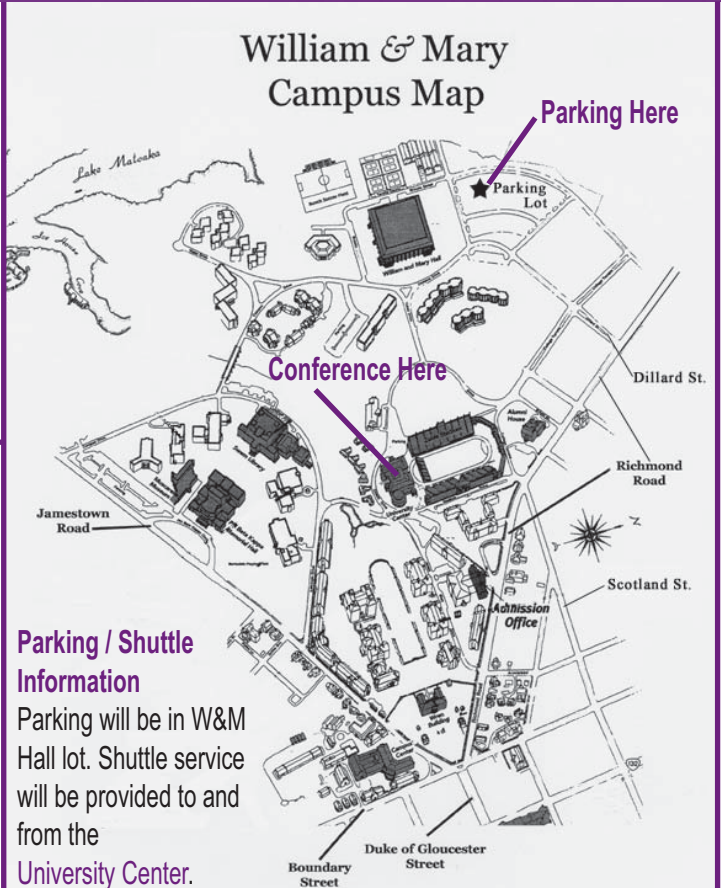
Web: [www.williamsburghotel.com](http://www.williamsburghotel.com)

#### The Williamsburg Area Convention & Visitors Bureau

Perhaps nowhere else does the exciting story of America's past come to life more vividly than in Virginia's Historic Triangle: Jamestown, Williamsburg and Yorktown.

Phone: 1-800-368-6511

Web: [www.visitwilliamsburg.com](http://www.visitwilliamsburg.com)



### Parking / Shuttle Information

Parking will be in W&M Hall lot. Shuttle service will be provided to and from the University Center.

### Shuttle schedule

#### To and from the Parking Lot

Monday - 8:00am - 10am

5pm - 6pm

Tues-Thurs. - 7:30 - 8:30am

4:45pm - 5:45pm

Friday - 7:30 - 8:30am

11:45pm - 12:45pm

Contact: Laurie Rokutani

Phone: 804-828-0974

Email: [info@vsias.org](mailto:info@vsias.org)

[www.vsias.org](http://www.vsias.org)

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## Virginia Summer Institute for Addiction Studies July 18 - 22, 2005

### **The College of William and Mary** *Williamsburg, Virginia*

**July 18-22, 2005**

# 2005



#### **Keynote Speakers**

Kenneth V. Hardy      Scott D. Miller  
Marc A. Schuckit      Kenneth Minkoff  
Cynthia Khun      Beverly Watts Davis

#### **Sponsored by**

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The College of William and Mary  
CSAP / CSAT / SECAPT